



 **27%**
HEALTH SCORE

Healthy Orange Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



723 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb chicken breast
- 1 tsp vegetable oil
- 0.3 cup orange juice
- 0.3 cup rice vinegar
- 1 tsp rice wine
- 1 tsp rice wine
- 1 tsp rice wine
- 2 Tbs soya sauce

- 1 Tbs chili sauce hot
- 2 cloves garlic minced
- 1 Tbs brown sugar
- 1 Tbs brown sugar
- 2 Tbs orange zest
- 1 stalk spring onion
- 0.3 cup water
- 1 tsp cornstarch
- 2 servings salt and pepper to taste
- 2 servings rice white
- 2 servings rice white

Equipment

- frying pan
- mixing bowl
- plastic wrap

Directions

- Cut the chicken breast into cubes. In a mixing bowl, marinate the chicken with orange juice, rice vinegar, rice wine, hot chili sauce, brown sugar, and minced garlic. Cover the chicken with plastic wrap and press down so the marinade will soak the chicken evenly. Refrigerate for 1 hour.
- While waiting for the chicken to marinate, prepare the vegetables. Chop the onion into square pieces. Chop green onions and separate the white and green parts. Zest the orange.
- In a saut pan, add vegetable oil and turn to high heat.
- Add in the chicken and saut for 1 minute. Toss the chicken and saut for another minute or until caramelized.
- Transfer the chicken to a dish.
- Continue to use high heat.
- Add the chopped onion to the pan and saut until soft.

- Add the chicken back to the pan, with the white parts of the green onion and orange zest. Cook for about 30 seconds.
- Add the liquid to the pan and let it simmer to 30 seconds.
- Add the remaining green onion to the pan and let the sauce continue to reduce and thicken.
- When the sauce is reduced to desired consistency, add salt and pepper to taste. The orange chicken is done.
- Serve over white rice.

Nutrition Facts



Properties

Glycemic Index:150.69, Glycemic Load:46.42, Inflammation Score:-6, Nutrition Score:30.726086956522%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Taste

Sweetness: 42.01%, Saltiness: 100%, Sourness: 22.98%, Bitterness: 25.13%, Savoriness: 70.66%, Fattiness: 64.18%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 723.3kcal (36.16%), Fat: 8.87g (13.65%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 95.27g (31.76%), Net Carbohydrates: 92.83g (33.75%), Sugar: 15.84g (17.6%), Cholesterol: 145.15mg (48.38%), Sodium: 1575.13mg (68.48%), Alcohol: 1.21g (6.71%), Protein: 57.45g (114.9%), Vitamin B3: 26.2mg (131.01%), Selenium: 87.68µg (125.26%), Vitamin B6: 1.97mg (98.32%), Phosphorus: 625.05mg (62.5%), Manganese: 1.22mg (60.76%), Vitamin B5: 4.36mg (43.59%), Vitamin C: 29.65mg (35.93%), Potassium: 1132.71mg (32.36%), Magnesium: 98.93mg (24.73%), Vitamin B2: 0.33mg (19.25%), Vitamin B1: 0.27mg (18.09%), Copper: 0.34mg (17.22%), Vitamin K: 17.58µg (16.74%), Zinc: 2.51mg (16.72%), Iron: 2.42mg (13.46%), Fiber: 2.45g (9.78%), Folate: 35.5µg (8.87%), Calcium: 78.29mg (7.83%), Vitamin B12: 0.45µg (7.56%), Vitamin E: 0.92mg (6.15%), Vitamin A: 266.33IU (5.33%), Vitamin D: 0.23µg (1.51%)